

IN THE CLAIMS

The claims are amended as shown below

Claim 1 (Previously Presented): A warming article comprising:

a heat generating main body including,

 a heat generating element configured to generate water vapor, and

 an air permeable holder configured to hold the heat generating element, and

including an air impermeable layer and an air permeable layer; and

 a receiving part configured to receive a part of a body;

the heat generating main body being expandable by water vapor generated with heat generation of the heat generating element, the air permeable layer and the air impermeable layer provided on opposite sides of the heat generating element, and the receiving part provided on the side of the air permeable layer.

Claim 2 (Currently Amended): The warming article according to claim 1, ~~generating 1.0 to 100 mg/(cm²·10 min) of water vapor wherein the air permeable layer is provided between the receiving part and the air impermeable layer.~~

Claim 3 (Original): The warming article according to claim 1, wherein the holder has a water vapor permeability of 1.5 to 10 kg/(m²·24 hr).

Claim 4 (Original): The warming article according to claim 1, wherein the heat generating element comprises a molded sheet prepared by papermaking and containing an oxidizable metal, a moisture-retaining agent, a fibrous material, and water.

Claim 5 (Previously Presented): The warming article according to claim 4, wherein the molded sheet contains at least 50% by weight of components other than the fibrous material, and the fibrous material has a CSF of 600 ml or less.

Claim 6 (Cancelled):

Claim 7 (Previously Presented): A warming article comprising:
a heat generating main body including,
 a heat generating element configured to generate water vapor, and
 an air permeable holder configured to hold the heat generating element, and including
an air impermeable layer and an air permeable layer; and
 a receiving part configured to receive a part of a body;
 the heat generating element of the heat generating main body generating 1.0 to 100
mg/(cm²·10 min) of water vapor, the air permeable layer and the air impermeable layer
provided on opposite sides of the heat generating element, and the receiving part provided on
the side of the air permeable layer.

Claim 8 (Original): The warming article according to claim 7, wherein the holder has
an air permeability of 10000 sec/ 100 ml or less.

Claim 9 (Original): The warming article according to claim 7, wherein the heat
generating element comprises a molded sheet prepared by papermaking and containing an
oxidizable metal, a moisture-retaining agent, a fibrous material, and water.

Claim 10 (Previously Presented): The warming article according to claim 9, wherein the molded sheet contains at least 50% by weight of components other than the fibrous material, and the fibrous material has a CSF of 600 ml or less.

Claim 11 (Cancelled):

Claim 12 (Currently Amended): A heat generating, shaped article prepared by three-dimensionally shaping a molded sheet, the molded sheet comprising:
an oxidizable metal,
a moisture-retaining agent, and
a fibrous material and
having a maximum stress of 0.3 to 5 MPa and a breaking elongation of 2.0 to 10%,
the molded sheet ~~eonfigured to be~~ disposed between an air permeable sheet and an air impermeable sheet and ~~to be~~ three-dimensionally shaped together with the air permeable sheet and the air impermeable sheet.

Claim 13 (Original): The heat generating, shaped article according to claim 12, wherein the molded sheet has, in its dried state, a maximum stress of 0.5 to 15 MPa and a breaking elongation of 0.8 to 5%.

Claim 14 (Original): The heat generating, shaped article according to claim 12, wherein the molded sheet is a sheet molded by papermaking.

Claim 15 (Original): The heat generating, shaped article according to claim 12, wherein the molded sheet contains at least 50% by weight of components other than the fibrous material while dry.

Claim 16 (Original): The heat generating, shaped article according to claim 12, wherein the fibrous material has a CSF of 600 ml or less.

Claim 17 (Cancelled):

Claim 18 (Original): A method of producing a warming article comprising the heat generating, shaped article according to claim 12, characterized in that an electrolyte is incorporated into the heat generating shaped article.

Claim 19 (New): The warming article according to claim 7, wherein the air permeable layer is provided between the receiving part and the air impermeable layer.